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PASSENGER IN TAXI SEXUAL ASSAULT CASE JOINS PROTEST

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IT'S STILL HIP TO BE SQUARE

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Happy International Women's Day | WEDNESDAY, MARCH 8, 2017

High 8°C/Low -6°C Scattered showers

Instant Pot creator Robert Wang, CEO of Double Insight.
COURTESY BLAIR GABLE

CROCK STAR

How a laid-off Ottawa engineer built a kitchen revolution metroNEWS

Advocates hope $2.5M just a start

OPIOID CRISIS

Decades of chronic underfunding have caught up, declares addictions expert

Ryan Tumilty
Metro | Ottawa

The $2.5 million coming to Ottawa to help deal with a spike in fentanyl overdoses is just the start of what's needed to get a handle on a larger problem, advocates say.

Rob Boyd, director of the Oasis program at the Sandy Hill Community Health Centre, applauded Premier Kathleen Wynne for what should be the first step.

The money, Boyd said, shows "politicians in the community are looking for answers and are willing to invest." However, he said, "We have to recognize that we have had decades of underfunding addictions services that have also now caught up with us in the opioid crisis."

> **This crisis is moving way too quickly to have data that old.**
> Rob Boyd

Ottawa Public Health is still debating where to spend the new money, which Wynne announced Monday following a meeting with Mayor Jim Watson.

"We anticipate that a significant portion ... will be used for enhanced education and prevention and withdrawal-management spaces," said public health spokesperson Eric Leclair.

Leclair said the agency hopes to invest in better reporting of overdoses. OPH is working with police, hospitals and the coroner's office to better track the trends.

"Early identification of an increase or change in opioid-overdose activity through real-time reporting will enable timely alerting and responses, as well as evaluation of prevention and enforcement initiatives," he said in an email.

Boyd agreed that timely information is desperately needed.

"The overdose death data we have available to us right now is 2015 data. This crisis is moving way too quickly to have data that is that old," he said.

He said there is also a need for supports for families of people with addictions, as "families in many ways are the first responders."

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metro NEWS

Your essential daily news

WikiLeaks publishes huge trove of what it says are secret CIA documents. **World**

CITY HALL

Don't 'zap the fun out of the market': Mayor

Haley Ritchie
Metro | Ottawa

The city says it wants to relax the rules and regulations around sellers and buskers in the bustling downtown commercial zone.

"We almost zap the fun out of the market," said Mayor Jim Watson during discussion at city hall on Tuesday morning.

"We don't want this market to turn into a bureaucratic maze, where someone has to apply and fill out four forms to strum their guitar on the corner," he said. "We have so many rules and regulations involving size of stand, type of canopy, what products you can sell and what times of the year."

Market program manager Shannon Kenney was asking councillors to approve some more relaxed rules for the market, including the location of vendors and the type of products that can be sold.

Vendors could be expanded to include "microprocessors" like coffee roasters, cheese makers and jam producers. Small-scale vendors would also be allowed to share stalls.

The products sold by these vendors would need to be produced or grown in Ottawa, Prescott Russell, Stormont, Dundas and Glengarry, Leeds and Grenville, Lanark, Renfrew or the Outaouais.

> **We don't want this market to turn into a bureaucratic maze.**
> Mayor Jim Watson

The changes are meant to remove some red tape and bring both the Parkdale market and the ByWard market up to date with similar areas in other cities.

"It's about making sure the customer experience and tourist experience is top notch," said Kenney.

Shoppers peruse a vegetable stand in the ByWard Market.
EMMA JACKSON/METRO

ADVOCACY SOLIDARITY MARCH SUPPORTS WOMEN IN DEVELOPING COUNTRIES Participants set off from Parliament Hill en route to Ottawa City Hall during the Walk In Her Shoes event on Tuesday. Organized by the international-development organization CARE, the event brings people together in solidarity with women in developing countries, who walk an average of 10,000 steps every day to collect basic necessities such as drinking water. RYAN TUMILTY/METRO

Ottawa an Uber town

STATS CANADA

Ridesharing more popular here than other Canadian cities

Ryan Tumilty
Metro | Ottawa

Ottawa residents are opening their phones to hail rides more than people in any other major city in Canada, according to recent data from Statistics Canada.

For the first time ever, the agency looked at both ridesharing services and private accommodation services like Airbnb.

The report, released late last month, found that seven per cent of Canadian adults had used ridesharing service and 4.2 per cent had used an AirBnB-like service between Oct. 2015 and Nov. 2016.

Uber, the city's largest rideshare service, wasn't legally entitled to operate in Ottawa until October 2016.

Myriam Hazel, a senior analyst at Statscan, said the agency knew that the sharing economy was a rapidly growing sector in Canada.

"This is a new phenomenon, but it has repercussions on the economic activity of Canada," she said.

She said the research did not measure the sharing services' impact on the job market and the economy more broadly.

"We had nothing to start with because, I think, we are one of the first countries to have data on the topic," she said.

It estimated the country's rideshare spending was $241 million during the same stretch of time.

Hazel said Ottawa may be leading because its rate of higher education — which is correlated to rideshare use — is higher than in other major cities.

Neville Hewage, the Ottawa based founder of rideshare startup ORide, said the numbers are evidence of healthy demand.

ORide, which is still working on insurance before getting up and running, has a proposed minimum fare of $8.

17.6%

The data shows 17.6 per cent of adults living in Ottawa used a rideshare service between Oct. 2015 and November 2016. Use in other cities was lower:

- Toronto: 14.8 per cent
- Edmonton: 9.8 per cent

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The invention that cooks 'em all

FOOD

Robert Wang's Instant Pot is hot due to word of mouth

2M
Instant Pots sold since its launch in 2010
400,000
Members of Instant Pot Community Facebook group.
4.5
Aggregate rating by Amazon reviewers, out of 5 stars, for Instant Pots third-generation model.
Instant Pot

The first Instant Pot went on sale in 2010 with subsequent models released every 12 to 18 months. TORSTAR NEWS SERVICE

By now there's probably someone in your office raving about their new Instant Pot, the kitchen appliance that's a combination of pressure cooker, slow cooker, rice cooker, steamer and yogurt maker that will also keep your food warm and sauté meats and veggies.

"It's life-changing, and I can make chili with dried beans in an hour," one co-worker marvelled. "I always make my mom's Portuguese chicken soup with it," said another.

In the past two weeks, three more coworkers shelled out $185 for the Canadian invention.

The Instant Pot Community Facebook group has more than 400,000 members sharing recipes, hacks, videos and for some of the more hardcore users, pictures of rolling carts dedicated for the Instant Pot, the appliance decked out in decals for a personalized touch and recommendations on what bags built specifically to carry the Instant Pot is best. This week, an "authorized" Instant Pot special issue recipe magazine hit the newsstands.

The Instant Pot's story began during the 2008 economic bust when Robert Wang, a laid-off Ottawa telecom engineer, made a 180-degree turn in his career and looked at household appliances.

With nary a marketing plan and a staff of only 25, two million Instant Pots have since landed on kitchen counters, mainly from word-of-mouth raves, and spurred an industry of Instant Pot-heads with their own cookbooks and fan clubs.

At least part of its genius is it helped home cooks get over the one enduring fear of pressure cookers — the kablooey factor.

"Why smartphones succeed is that they have nine to 10 sensors whether it's in the camera or screens. I thought what if we added more sensors to the pressure cooker? We can make it safer, provide consistency and automation," says Wang, the 53-year-old CEO of Ottawa-based Double Insight, the company behind the Instant Pot.

Wang and his colleagues looked into the electrical pressure cooker, which was gaining popularity as people were cooking more rather than dining out, but wanted a meal that was also healthy and fast. A pressure cooker works by creating an airtight seal in the cooker, building pressure inside the pot and forcing hot steam into the food, rendering the toughest meats into a tender, juicy meal in a fraction of the time it would take in the slow cooker or oven.

The Instapot works in the same way, but sets itself apart from other pressure cookers with additional features like slow cooker, rice cooker, yogurt maker, and sauté.

The first Instant Pot went on sale in 2010 with subsequent models released every 12 to 18 months, each with incremental improvements such as an added yogurt-making function; presets for different foods; accessories like a rack for eggs and in the newest fourth generation model: bluetooth capability.

To promote it, the company gave free Instant Pots to influential food bloggers and recipe developers to test, but it was Amazon's rankings and reviews that Wang used to track success: January 2013 was the tipping point when the second-generation model ranked higher than all other stovetop pressure cookers on Amazon's bestseller list.

With more than 2,000 reviews averaging 4.5 out of 5 stars on its bestseller third-generation model, it's an endorsement better than any ad the company could buy. Fans released Instant Pot cookbooks, a Facebook group called Instant Pot Recipes 101 has 17,000 members, and thousands of Instant Pot cooking videos can be found on YouTube.

TORSTAR NEWS SERVICE

AWARDS

And the local International Women's Day Femmies go to ...

Haley Ritchie
Metro | Ottawa

International Women's Day goes local Wednesday night when six local feminists will be honoured at an annual gala.

The Femmy awards celebrate women's achievements in categories that include frontline work, advocacy, "thought leaders" and media.

"It's all about advancing human rights and gender equality in the capital region," said co-organizer Stacey Mirowski. "It's a very, very interesting group and it's hard to pick because there's so many amazing people out there."

The women nominated this year include lifelong activist Elaine Kicknosway, who survived the 60's Scoop and now works with Minwaashin Lodge, a local organization that serves Indigenous women and their children.

Jess Tomlin is being awarded the advocacy Femmy for her work as director of Ottawa-based MATCH International Women's Fund, an organization that provides funding to global women's initiatives.

The awards also honour the arts and academia: scholar Natasha Bakht is being recognized for her research on discrimination against Muslim women at the University of Ottawa, and theatre director Jessica Ruano is being recognized for The Ghomeshi Effect, a performance based on 40 anonymous interviews with survivors of sexual violence.

Youth honourees include Debbie Owusu-Akyeeah for her anti-racism work, sex education and gender equality activism, including organizing events to celebrate and support Black women on Carleton's campus.

The final youth award us going to 11-year-old Charlie Lowthian-Rickert, whose advocacy on transgender rights made waves at both Capital Pride and on Parliament Hill.

The Femmy awards will be handed out at the International Women's Day gala in Ottawa, on March 8 at 6 p.m. in the Library and Archives Canada.

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TRANSIT

Passenger's tirade goes viral

A video of a man on an OC Transpo bus delivering an obscenity-laced tirade against Canadian Muslims is getting attention online.

The video, filmed by Lisgar Collegiate student Jawad Ghandour, begins with an inaudible conversation between passengers sitting at the back of the bus. A man wearing a red hoodie then turns around and begins screaming slogans such as "The race war is coming!" and "Canadians won't take Islam!"

The bus appears to be on the 97 route headed for Lees station.

The video then shows the man pacing to the front of the vehicle, where he and the bus driver have a brief conversation, the beginning of which is inaudible. The man eventually raises his voice again: "I'm sorry, I will not be oppressed."

The driver asks him to put out his cigarette or get off the bus. The man eventually goes to the back of the bus, grabs a grey backpack and leaves.

On his way out he claims that he was assaulted first, and calls the driver a "muzzy sympathizer."

The video has been shared hundreds of times and has close to 200,000 views on Facebook. Commenters said they recognize the man from similar erratic outbursts on public transit.

OC Transpo said that it's investigating the incident and that it doesn't condone the behaviour. Gord Robinson of the service's special constable unit said the man in the video has been identified and that information is being shared with the Ottawa Police Service's hate crime unit.

HALEY RITCHIE/METRO

People turned out in the hundreds Tuesday to protest last week's ruling by Judge Gregory Lenehan in Halifax on Tuesday afternoon. JEFF HARPER/METRO

Taxi verdict appeal 'a big relief'

HALIFAX

Woman at centre joins rally as Crown preps move

Haley Ryan
Metro | Halifax

As hundreds of people gathered in Halifax to raise their voices in protest against a judge's recent sexual assault acquittal, the woman at the centre of the case stood amongst them as another face in the crowd.

The passenger in the case around taxi driver Bassam Al-Rawi said she originally didn't want to attend the rally against Judge Gregory Lenehan's ruling, but on Tuesday she saw the Crown would be appealing the case and began "feeling the excitement around the city."

"I didn't talk to anybody, I just kind of watched," she said in a phone interview, adding with a laugh she was frozen after standing in the cold, "but it was worth it."

The woman, whose identity is protected by a publication ban, said she had mixed feelings on the Crown's appeal, which includes six specific examples where they say Lenehan erred in his decision.

"It was a big relief, with just an undertone of dread that it might end up leading to a retrial. But I mean all in all, the good outweighs the bad there," she said.

The Court of Appeal still must decide whether a retrial could happen, and while the woman said she knows it will likely be a long time before she'd possibly testify, she's prepared for much more public attention.

In a way, the woman said the publicity could make it easier because the first time around only reporters and Al-Rawi's supporters were there, so average citizens crammed into the courtroom "would honestly make a difference."

"(There's) something that's gratifying about people who don't even know you coming out to support. That's been really cool," she said.

COUNTRY RANKINGS

Canada is tops for quality of life, No. 2 overall

For the second year in a row, Canada is the runner-up for world's best country in a global poll.

Switzerland grabbed the No. 1 spot in the survey from US News & World Report, which evaluated 80 countries across 24 rankings based on responses from more than 21,000 people.

Canada did rank first in the Quality of Life category, scoring a perfect 10 based on factors such as economy, public education and health care. METRO

ASYLUM SEEKERS

Advocates worry about border crackdown

On the eve of the U.S. homeland security secretary's visit to Canada, refugee advocates worry Ottawa could ask the Americans to beef up border enforcement to curb the flow of asylum-seekers coming into the country.

The surge of illegal crossings in recent months is expected to be a key issue on the agenda between Public Safety Minister Ralph Goodale and U.S. Secretary John Kelly.

"They have done it in the past and started arresting people coming up at the border. Canadian officials can ask the Americans to boost enforcement," said Janet Dench of the Canadian Council for Refugees. "It would be really disturbing if Canada is going to push the U.S. to do that."

The Department of Homeland Security has yet to officially announce Kelly's trip, but Canadian cabinet minister Marc Garneau has told the media it could be as early as Friday. The American embassy in Ottawa would not confirm the meeting.

In the first two months of 2017, some 1,700 refugee claims were filed at the land border across the country, including asylum-seekers who entered outside of an official port of entry, which officials call "irregular" crossings, and those who crossed legally at a border enforcement station.

Quebec, which has seen the highest number of irregular crossings across Canada so far this year, has already received 1,087 land-border claims. That's 43 per cent of the total for all of 2016.

On Tuesday, Goodale said the government is working on contingency plans should the situation along the border change. Contingencies being considered include the possibility of a larger number of migrants attempting the crossing as the weather improves and threats to the safety of migrants in case of flooding along the Red River near Emerson, Man., another hot spot for irregular crossings.

TORSTAR NEWS SERVICE

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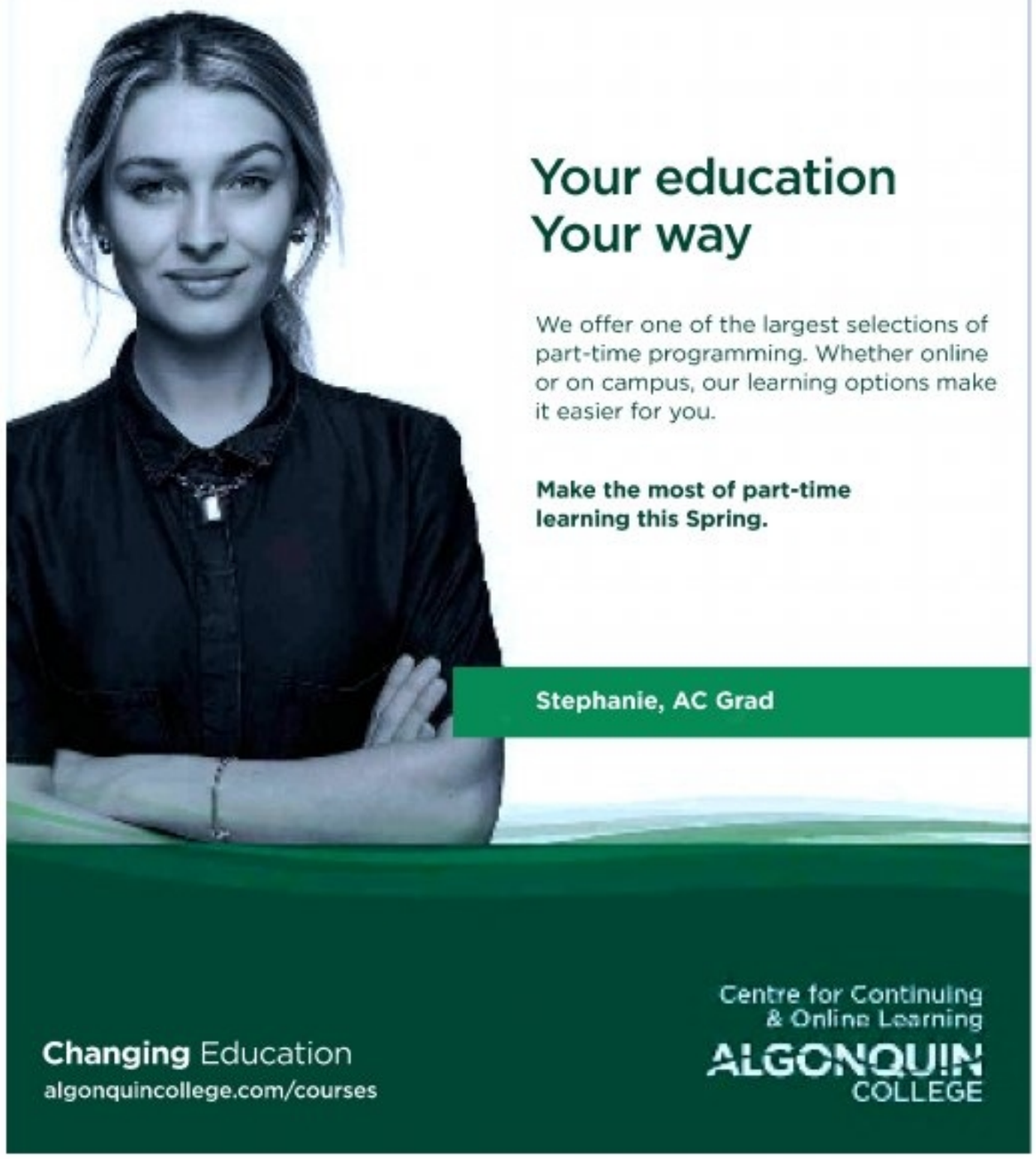
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WikiLeaks reveals CIA 'hacking' files

SURVEILLANCE

Documents say spies could access Android, Apple devices

WikiLeaks published thousands of documents Tuesday described as secret files about CIA hacking tools the government employs to break into users' computers, mobile phones and even smart TVs from companies like Apple, Google, Microsoft and Samsung.

The documents describe clandestine methods for bypassing or defeating encryption, antivirus tools and other protective security features intended to keep the private information of citizens and corporations safe from prying eyes. U.S. government employees, including President Donald Trump, use many of the same products and Internet services purportedly compromised by the tools.

The documents describe CIA efforts — co-operating with friendly foreign governments and the U.S. National Security Agency — to subvert the world's most popular technology platforms, including Apple's iPhones and iPads, Google's Android phones and the Microsoft Windows operating system for desktop computers and laptops.

The documents also include discussions about compromising some internet-connected televisions to turn them into listening posts. One document discusses hacking vehicle systems, indicating the CIA's interest in hacking modern cars with sophisticated on-board computers.

WikiLeaks has a long track record of releasing top secret government documents, and experts who sifted through the material said it appeared legitimate.

The chairman of the House intelligence committee, Rep. Devin Nunes, R-Calif., said he was very concerned about the release and had asked the intelligence community for more information about it.

Former CIA Director Mike Hayden told MSNBC he had undertaken only a cursory review of the documents, but that if they were what they were purported to be, it would amount to a "very extensive file of the tactics, techniques, procedures, targets and other political rules" under which the CIA hacks targets. "If it is that, it would be very, very damaging," he said.

Jonathan Liu, a spokesman for the CIA, said: "We do not comment on the authenticity or content of purported intelligence documents." White House spokesman Sean Spicer also declined comment.

Missing from WikiLeaks' trove are the actual hacking tools themselves, some of which were developed by government hackers while others were purchased from outsiders. WikiLeaks said it planned to avoid distributing tools "until a consensus emerges" on the political nature of the CIA's program and how such software could be analyzed, disarmed and published.

THE ASSOCIATED PRESS

IN CANADA

The federal government should be concerned about the WikiLeaks CIA data breach, says a former national security analyst.

Stephanie Carvin of the Norman Paterson School of International Affairs at Carleton University says Canadian material risks being exposed, since Canada and the U.S. are members of the five-country group of intelligence-sharing countries known as the "Five Eyes." THE CANADIAN PRESS

CANADA AND U.S.

Bomb threats target Jewish centres in Canada and U.S.

Jewish community centres in Toronto and London, Ont., were among several across North America that received bomb threats on Tuesday.

Police say the Miles Nadal Jewish Community Centre in Toronto was evacuated out of "an abundance of caution" in light of threats made in New York, Oregon, Wisconsin, Illinois, Florida, Maryland.

The Centre for Israel and Jewish Affairs says a bomb threat made against the London Jewish Community Centre was the second it has received in the past two months. Both facilities reopened after police provided the all clear.

In the U.S., the Anti-Defamation League and several Jewish community centres across the country got a round of bomb threats Tuesday, including five in New York City.

U.S. federal officials have been investigating more than 120 threats against Jewish organizations in three dozen states since Jan. 9 and a rash of vandalism at Jewish cemeteries.

THE CANADIAN PRESS

MARINE LIFE ELUSIVE BEAKED WHALE SURFACES IN THE AZORES A rarely spotted whale has been caught on underwater video for the first time ever. The group of True's beaked whales was spotted by a group of German teachers who were on an Azores expedition with schoolchildren. Once the whales were seen on the surface, a member of the group swiftly slipped beneath the surface with a GoPro camera in hand. TEXT: ANDREW FIFIELD/METRO; PHOTO CONTRIBUTED

VIDEO ON THE METRO APP

metro VIEWS
Your essential daily news
Wednesday, March 8, 2017

JESSICA ALLEN ON COMFORT FOOD

After a death in the family, I'm longing for a meal that I'll never eat again.

There's nothing like a good food fight.

Crunchy vs. smooth peanut butter. Milk producers fighting for counter space alongside almond, soy and rice beverages. And home-cooked comfort food stacked up against fine restaurant fare.

That last one is stirring up emotions for political watchers, and for me.

On Sunday, New York Times columnist Frank Bruni asked: "When did we turn into such food snobs here in America, land of the free and home of the Bloomin' Onion?"

He was referring to the mocking of Donald Trump for delighting in a well done steak with a side of ketchup. Teasing Trump for his gauche tastes is "bound to backfire," Bruni argues, not only because it sets up his critics as the "sneering elites" he rails against, but for its hypocrisy. "Let he who is without a bag of microwave popcorn in his cupboard cast the first stone," he writes.

Using that criteria, I could hurl a rock at the president. But expand it to packets of onion soup mix for whipping up a meat loaf, another Trump favourite, and I just called the kettle black.

We don't need Proust to remind us that food is marinated with memory. Although it does help explain why I'll always choose the comforting comestible over the Michelin-starred one. And why, after a recent death in the family, I'm longing for a meal that I'll never be able to make.

After having worked in restaurants for a decade and writing almost exclusively about food for many years, my soft spot for meat and potatoes sometimes surprises people. Foie gras can be sublime. But nine times out of 10, I'll take the meatloaf (the secret is to add some sautéed leeks with the packaged soup, ketchup, and pulverized saltines), with a bottle of Barolo. It's about balance.

Foie gras can be sublime. But nine times out of 10, I'll take the meatloaf.

Jessica Allen and her brother as children delightedly digging into their Aunt Sandy's roast chicken dinner. CONTRIBUTED

Jim Harrison, the great American poet and writer who passed away last year, found that equilibrium. He once ate, and wrote about, a 37-course meal prepared by the famed French chef Marc Meneau, but he also once had a Whopper at Burger King and then drove to McDonald's for a second course of French fries.

Harrison had no patience for food snobbery. When "certain Gucci-Pucci-Armani Italians" told him that they'd never sampled one of his favourite dishes, spaghetti and meatballs, because "the dish is an American perversion of Italian cuisine," he'd always reply: "I don't give a s—."

I'm getting there. Not long ago I admitted on national television that I don't like chicken. A few viewers took this to mean that I am a food snob who thinks poultry is pedestrian. It just depends on the chicken. I occasionally enjoy a quarter chicken dinner (with fries, obviously) from Swiss Chalet.

And my Aunt Sandy's roast chicken is exempt.

For a good decade in my youth, my family, aunts, uncles, and cousins would congregate at her place in Strathroy, Ont., and devour her roast chicken dinners.

Just a couple weeks ago, my mom and I laughed on the phone about how, despite our best efforts, none of us can replicate the meal, not even the boiled potatoes. I can't remember the last time I had it, but if I could choose one last dinner before the Big Light goes out, I told her, it would be Aunt Sandy's roast chicken with all the fixings.

Last Monday, my mom called to tell me that Sandy had suddenly passed away.

While I wrote the obituary in a haze of grief, all I could think about was Aunt Sandy's food. The pots of soup that nourished us after the Strathroy Santa Claus parade, the labour-intensive shrimp dip, which we obliviously piled high on crackers, and the cabbage rolls that I used to think were "authentic," as in a recipe my grandmother brought over from the old country, but was provided by Vi Moffatt, an English woman who lived across the street.

After the funeral, friends and family piled plates with finger sandwiches, jarred green olives, and thick slices of kielbasa, which I brought from Toronto. Sandy loved the stuff, which she referred to as a rather large part of a horse's anatomy. I was worried that it wouldn't get eaten up. Maybe it was too low-brow. But the kielbasa — all eight feet of it — was the first thing to go.

We shared stories: A cousin confessed he dreams of an IV drip filled with her chicken gravy. Another slipped me a photocopied recipe of her exquisite shrimp dip, which calls for a can of tomato soup, Miracle Whip, and four tins of shrimp. And my mom and Sandy's 16 cousins from Mildmay, Ont., confirmed the stories I've heard for years: how the Strathroy "city kids" delighted in doing the "country kids'" farm chores; how five or so chickens in the yard met their death in order to feed the family, which ate in shifts.

On the phone that Monday when my mom called, her pain still raw, she told me that just three days before Sandy died, she'd told her what I'd said about her roast chicken dinner. Sandy was surprised because it was such a simple meal.

"It made her so happy that you remembered," my mom said.

How could I forget?

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

We can not stand by as the U.S. becomes unsafe

It is time for Canada to suspend the Safe Third Country Agreement. In fact, it is past due.

With its policies, Donald Trump's government has declared open season on Muslims and immigrants. The courts struck down the initial travel ban, yet the Trump administration has doubled down on its commitments.

Now the dangerous rhetoric and policy from the West Wing has filtered down to its citizenry.

Jewish community centres and cemeteries are receiving threats. In Washington state Deep Rai, a Sikh man, was shot on his driveway on March 3 by a suspect who reportedly told him to "go back to your country." In Kansas last month, two men were shot, one fatally, by a man who allegedly asked the Indian immigrants if their "status was legal" before opening fire, according to reported witness accounts.

The American government looks set to formalize a system of oppression directed at its racialized citizens and at migrants searching for safety. They must do this without Canada's complacency.

The uptick in migrants claiming asylum by walking across the border is a direct response to the climate of fear that migrants face under Donald Trump. It is also a response to the particular requirements of the Safe Third Country Agreement, which requires refugees declare asylum in the first country they arrive in, with the assumption that both are sanctuaries. This only applies, however, at official border crossings.

As Vice reported, asylum claimants who mistakenly apply at an official crossing actually risk deportation back to the original country they are fleeing.

Only a broken process penalizes people for using it.

Refugees are risking life and limb to get here; they are telling Canadians that the U.S. is not safe for them. Our government has responded to this urgent message with vagueness and equivocation.

Asked Monday by NDP Leader Thomas Mulcair if the U.S. is still safe for refugees, Prime Minister Trudeau didn't answer directly. On the updated travel ban, Public Safety Minister Ralph Goodale told reporters: "This is a detailed matter with some careful nuances and we're going to be looking at all the details so we can provide Canadians with complete information about everything they need to know."

The responsible course here is to suspend the Safe Third Country Agreement. The moral – and smart – move is to follow up that suspension with a coherent plan to assist refugees arriving from the United States.

We are now on the second iteration of the executive order, which comes well over a month after the chaos sown by the first. Despite calls from a number of legal organizations to suspend the agreement, including Harvard Law School, the Canadian Civil Liberties Association and Amnesty International Canada, our government has stood still.

Migrants have not. They cannot afford to.

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George Michael died of natural causes as the result of heart disease, a British coroner has ruled

3 TREATS TO MAKE SQUARES HIP AGAIN

The humble, almost retro square could be primed for a timely kitchen comeback. ISTOCK

Sure, squares are considered the domain of grandmothers and church cookbooks. But these somewhat frumpy delicacies have stood the test of time for a reason. All but the fanciest are faster and simpler than cookies, and all are satisfyingly chewy and extremely shareable. Yet squares have been supplanted by trendier fare: finicky macarons, over-iced and over-priced cupcakes and preposterous cronuts. We think the humble bar cookie deserves more love. Sometimes, cutting corners can be a good thing. Here are some favourite recipes to get you started. **GENNA BUCK**

1 Browned butter crispy rice treats

Deb Perelman, the home chef behind the Internet sensation Smitten Kitchen, is an evangelist for this modernized version of a classic after-school snack. They take "five minutes, tops" longer than the traditional version, Perelman wrote, and if you're willing to share, "get ready to make friends."

Ingredients:
- ½ cup unsalted butter, plus extra for the pan
- 1 (285-gram) bag marshmallows
- Heaping 1/4 teaspoon coarse sea salt
- 6 cups crispy rice cereal

Directions:
1. Butter an 8-inch square cake pan with 2-inch sides.

2. In a large pot, melt butter over medium-low heat. Watch carefully. As soon as the butter takes on a nutty color, turn the heat off and stir in the marshmallows. Stir until the marshmallows are smooth.

3. Remove the pot from the stove and stir in the salt and cereal. Quickly spread into prepared pan. Cool before cutting into squares.

SMITTENKITCHEN.COM

2 Fresh Lemon Bars

These sunshine-hued, sweet-tart bars are a picnic standby, and they're ideal for getting kids involved in the kitchen, **Ceri Marsh and Laura Keogh** of Sweet Potato Chronicles write. Little hands can help with pressing the crust into the pan, cracking eggs and grating the frozen butter. And, it goes without saying, they're pros at gobbling them down.

Ingredients:
Crust
- 2 cups flour
- 1/3 cup wheat germ
- 1/3 cup confectioner's sugar
- 3/4 tsp salt
- 2 sticks frozen butter

Filling
- 1 1/2 cup sugar
- 1/3 cup flour
- 1/4 tsp salt
- 3/4 cups lemon juice (I used 4 Meyer lemons)
- 1 Tbsp zest
- 3 eggs
- 1 egg yolk

Directions:
1. Preheat your oven to 350 degrees. Butter a 9x13 glass pan with a bit of butter. Mix dry ingredients for the crust. Grate the sticks of frozen butter with a cheese grater. Toss the frozen butter curls into the flour mixture until you have a mealy texture. Press the loose dough into the pan and use your hands to flatten it. Chill for 15 minutes

2. Bake the crust for 15 to 18 minutes until just beginning to turn golden.

3. Mix sugar, flour and salt

for the filling. Add lemon juice and zest and blend well. Whisk in eggs and the yolk. Gently pour filing mixture onto the hot crust. If you don't pour a small stream, the weight of the filling will dent the crust.

4. Bake for 18 to 20 minutes until the filling has just set. Allow to cool completely before slicing into squares.

SWEETPOTATOCHRONICLES.COM

3 Chocolate almond toffee bars

These treats — which are similar to a coconut-laden southern speciality, the Hello Dolly square — are one of TV chef **Anna Olsen**'s most requested recipes.

Ingredients:
- 1 1/2 cups rolled oats
- 1/2 cup graham cracker crumbs
- 1/4 tsp fine salt
- 1/2 cup unsalted butter, melted
- 1 cup Skor toffee bits
- 1 cup chocolate chips
- 1 cup sliced almonds
- 1 can sweetened condensed milk

Directions:
1. Preheat the oven to 350°F (180°C). Grease and line an 8-inch square pan with parchment paper so that the paper hangs over the sides of the pan.

2. Stir the oats, graham crumbs and salt in a bowl to combine, then stir in the melted butter. Press the crumbly oat mixture into the prepared pan. Sprinkle Skor bits evenly on top, followed by chocolate chips and sliced almonds.

3. Pour condensed milk evenly over pan. Bake for 30 to 40 minutes, or until the top is golden brown and the edges are bubbling.

4. Cool to room temperature in the pan, then chill for at least 4 hours before slicing into bars.

IN THE KITCHEN WITH ANNA: NEW WAYS WITH THE CLASSICS, WHITECAP BOOKS

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Never a bad time for our liquid gold

RECIPE

Pass the bottle: maple syrup is just as delish in savoury dishes

Ricardo Larrivée
For Torstar News Service

Full disclosure: I love maple syrup. In all honesty, I love maple anything!

Canada's liquid gold is just as delicious in savoury dishes as it is in desserts, and I've got the recipe to prove it: an incredible melt-in-your-mouth braised beef roast.

Simmered slowly with maple syrup and tamari (a perfectly balanced salty-sweet combination) and crushed peppercorns, crushed coriander seeds and hot pepper flakes, it's a riot of comforting, stimulating flavours — and oh so morish.

But it's the accompaniment that takes this divine dish to another level: a plateful of toothsome soba noodles (Japanese noodles that are made from buckwheat flour, with a thickness comparable to spaghetti) prepared with crisp snap peas, garlic, cilantro and toasted cashews.

Whether for a family meal at home or for a bigger gang at a dinner party, this dish is guaranteed to win over hearts — and stomachs!

This tamari-maple braised beef with soba noodles is a riot of comforting, stimulating flavours that is guaranteed to win over hearts — and stomachs. TORSTAR NEWS SERVICE

Tamari-Maple Braised Beef

Servings: 4

Ingredients:

Beef

- 1 1/2 lb (675 g) boneless beef blade roast, cut into 4 pieces
- 2 tbsp (30 mL) olive oil
- 1 onion, chopped
- 1/2 tsp red pepper flakes
- 1/2 tsp crushed black peppercorns
- 1/2 tsp crushed coriander seeds
- 1/2 cup (125 mL) maple syrup
- 1/2 cup (125 mL) tamari
- 1/2 cup (125 mL) chicken broth
- 1 red bell pepper, diced

Soba Noodles

- 1/2 lb (225 g) soba (Japanese buckwheat noodles)
- 3 cups (100 g) sugar snap peas, halved lengthwise
- 2 tbsp (30 mL) vegetable oil
- 4 garlic cloves, chopped
- 2 tbsp unsalted cashews, toasted and coarsely chopped
- 2 tbsp chopped cilantro

Directions:

Beef

1. With the rack in the middle position, preheat the oven to 325°F (170°C).

2. In an ovenproof pot or Dutch oven over medium-high heat, brown the meat on all sides in the oil. Season with pepper. Set aside on a plate.

3. In the same pot over medium heat, brown the onion, adding oil if necessary. Add the spices and continue cooking for about 1 minute.

4. Return the meat to the pot and add the remaining ingredients. Bring to a boil. Cover, transfer to the oven and cook for 2 ½ hours or until the meat is fork tender.

Soba Noodles

5. In a pot of salted boiling water, cook the noodles until al dente. Drain and oil lightly. Set aside.

6. In a skillet over medium heat, stir-fry the peas in the oil until al dente. Season with salt and pepper.

7. Add the garlic and cook for 1 minute more. Add the noodles and continue cooking until heated through. Adjust the seasoning.

8. Divide the noodles among bowls. Top with the beef and drizzle with the cooking juices. Garnish with cashews and cilantro.

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MARKETING

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Bottles of substance with a bit of style too

Not that I like cheating on my relationship with the liquid side of wine, it's just that I'm a sucker for a pretty package.

While a psychedelic label wrapped around a sexy bottle would never make me admire poorly made juice, I know that when faced with a wall of wine the average consumer, me included, is drawn to anything bright and shiny. Arguably the most famous example of style over substance was the tubby, straw-wrapped flasks, called a fiasco, that the reds from Italy's Chianti region made popular back in the 1970s. Now filled with premium wine, the bottle is actually making a comeback.

Keeping with the Italian theme, Enoitalia is a company that knows how to rock a receptacle. Resembling a gigantic perfume sample (the ones that come in those small cardboard folders) its Voga Pinot Grigio ($13.95-$16.99) was a hit right out of the gate. Made from grapes grown in the provinces of Veneto and Trentino the 2015 vintage offers a clean, lean mix of bright fruit without the steely character or sweeter overtones often associated with Pinot Grigio.

Prices reflect the range across the country. Some products may not be available in all provinces.

GRAIN BOOST

General Mills ready to push production of Kernza

A sweet, nutty-tasting new grain called Kernza is getting a big boost from food giant General Mills, which is intrigued by the potentially big environmental benefits of the drought-resistant crop with long roots that doesn't need to be replanted every year.

General Mills announced partnerships with The Land Institute and the University of Minnesota to help commercialize Kernza, a wild relative of wheat, and to incorporate the grain into cereals and snacks under its Cascadian Farm organic brand. The company hopes to put those products on grocery store shelves early next year. It's also urging other food companies to help create a market for Kernza.

"It's rare that you find something like this that, if you work at it, has so many environmental benefits associated with it. That's one of the reasons we're excited about this," Jerry Lynch, chief sustainability officer for General Mills said.

THE ASSOCIATED PRESS

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Goat's cheese vs feta

A swap of these similar cheeses can save you on salt.

PICK THIS

PC Blue Menu Goat's Milk Cheese (1/3 cup)

Calories 100
Fat 6g
Sodium 190mg

SKIP THIS

Skip: Saputo Fetos Feta (1/3 cup)

Calories 160
Fat 14g
Sodium 1040mg

HERE'S WHY **Equivalent in sodium to a 6 inch Steak and Cheese sub from Subway.**

These soft and crumbly cheeses are favourites, especially for salads, pasta, pizza and main entrees. Both have nutritional benefits: goat cheese has twice the protein, while feta has twice the calcium. However, feta contains five and a half times more sodium than goat cheese, as it is packaged in a brine. That's close to half your daily amount.

metro WHEELS
Your essential daily news

California Highway Patrol threaten charges after rider jumps over freeway

VW aims to seduce with Atlas

HANDOUT

REVIEW

Will crossover be enough to gain back buyers' trust?

Sami Haj-Assaad
AutoGuide.com

The German automaker is addressing a weakness in its lineup with a new three-row crossover called the Atlas. It's not an overstatement to call the Atlas an important vehicle to Volkswagen.

Not only do they have to prove to buyers that they're a competent automaker again, but they also have to deliver in a segment that's extremely important to North Americans.

The Atlas is a big car but is based on the modular MQB platform that also underpins the Golf compact. Competing with the likes of the Ford Explorer and Toyota Highlander isn't easy, but fortunately, the Atlas starts with this well-developed platform.

In terms of handling feel, it feels agile and responsive, highlighting an ability to excel as a road trip vehicle. Don't forget that for many year VW produced the iconic Type 2 Microbus that's often remembered as the go-to cross-country cruiser.

There's a bit of that spirit here in the Atlas: the light steering is appropriate for the segment and the suspension glides over rough roads. The car comes with a turbocharged four-cylinder engine as base equipment, sending 235 horsepower to the front wheels. Optionally, you can get a V6 engine and all-wheel drive. The V6 seems a bit underpowered at 276 horses, while the competition is closer to 300 but the eight-speed automatic transmission does what it can to put the engine in the best gear for acceleration and responsiveness.

The 4Motion all-wheel-drive system is very similar to what we've seen in the Golf Alltrack, but has some extra capability via different drive modes that can be toggled through a knob on the center console. The four modes — on road, snow, off-road and off-road custom — change settings including stability control intervention, gear changes and even the behaviour of the ABS for the best grip and traction in almost any conditions. Some, such as the on-road mode, have extra settings so you can get a drive feeling that is tailored to you.

In addition to their capability, buyers choose crossovers because of the space they offer. In this area, the Atlas really excels. Headroom in the front and second row is fantastic, but the legroom in that second row is luxurious. Furthermore, seats slide, offering those in the third row a surprising amount of space.

While full details on pricing, trim levels and specifications will be shared in April, we were told that the base Atlas will come in at $35,690 and top out in the fifties.

While still prototypes, the Atlases we drove were extremely solid vehicles and impressed in many ways. Volkswagen is taking this market seriously, especially since it's so late to the big crossover party.

THE CHECKLIST | 2018 VOLKSWAGEN ATLAS REVIEW

THE BASICS

Engine: 2.0-litre turbo four-cylinder, 3.6L V6
Output: 235 horsepower (2.0T), 276 hp (V6)
Transmission: Eight-speed automatic
Fuel Economy (L/100 km): Not available
Price: Starts at $35,690

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LEAVE IT

- V6 is just OK
- Interior design hit or miss

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CONCEPT

Jaguar I-Pace on fire in Photon Red

Sam McEachern
AutoGuide.com

I-Pace stuns in red. HANDOUT

The Jaguar I-Pace concept made an appearance in a striking Photon Red shade at the 2017 Geneva International Motor Show.

The concept, which will debut in production form later this year before going on sale in early 2018, was first shown in a muted silver exterior colour at the 2016 Los Angeles Auto Show.

The automaker has already received 350 preorders for the fully electric crossover, barely a drop in the bucket compared to the 373,000 Tesla received for its Model 3 sedan, but still a positive sign for Jag.

Powering the I-Pace will be a pair of electric motors that together produce 395 horsepower and 516 pound-feet of torque and a 90-kWh lithium ion battery. Jaguar claims the crossover can sprint to 100 km/h in 4.0 seconds and achieve a maximum range of around 480 kilometres. A 50-kW direct current (DC) charging port can charge the battery to 80 per cent of its range in 90 minutes and to 100 per cent in a little over two hours.

The I-Pace boasts an all-new aluminum platform that utilizes the same double-wishbone front suspension and the integral link rear suspension as the F-Pace. The lithium-ion battery pack is located low and between the front axles, ensuring a low center of gravity and near 50/50 weight distribution. According to chief engineer of vehicle integrity at Jaguar-Land Rover, Mike Cross, the I-Pace is a "true Jaguar," and will be "the first electric vehicle developed for enthusiasts who love driving."

Jaguar says the production I-Pace will cost about 10 to 15 per cent more than the F-Pace, which starts at $50,900 in Canada.

Get excited wagon lovers

SPOILER

Porsche unveils new Panamera Sport Turismo in Geneva

Jason Siu
AutoGuide.com

Sport Turismo is "a step forward into a new segment," says Porsche director of style. HANDOUT

Unveiled at the 2017 Geneva Motor Show, the 2018 Porsche Panamera Sport Turismo will initially launch in Europe on Oct. 7, 2017 before heading to other markets in early November. Five different versions of the Porsche Panamera Sport Turismo were displayed in Geneva: Panamera 4, Panamera 4S, Panamera 4S Diesel, Panamera 4 E-Hybrid and Panamera Turbo.

Based on the existing sedan, the Sport Turismo measures 5,049 mm long, 1,937 mm wide and 1,428 mm inches tall, while riding on a 2,950 mm wheelbase.

And just because it's a shooting brake doesn't mean it has to be boring to drive. Porsche tweaked the aerodynamics for the Sport Turismo model by having the roof extend into an adaptive spoiler at the top of the vehicle. The angle of the roof spoiler is set in three stages depending on driving conditions and selected vehicle settings. For example, at speeds up to 170 km/h, the aerodynamic guide element stays in its retracted position with an angle of minus seven degrees, helping reduce drag and optimizing fuel consumption. Go faster than 170 km/h and the spoiler automatically moves to the performance position with an angle of plus one degree, increasing driving stability and lateral dynamics.

When switching to Sport and Sport Plus driving modes, the roof spoiler automatically moves to the performance position at speeds of 90 km/h and higher.

The Porsche Panamera Sport Turismo is the first Panamera model to feature three rear seats. The two outside seats are individual seats, so it results in a 2+1 configuration in the rear. Of course the model can be ordered in a four-seat configuration with two electronically adjustable individual seats.

Making for easier entry and exit at the rear, the raised roof line of the Sport Turismo ensures greater head clearance. The backrests of the three rear seats can be folded down together or individually in a 40:20:40 split to increase cargo room.

"For Porsche, the Panamera Sport Turismo is a step forward-into a new segment, but retains all of those values and attributes that are characteristic of Porsche," said Michael Mauer, director of style Porsche.

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Two-time Cy Young Award winner and former Jays ace Roy Halladay was back with the Phillies Tuesday to serve as a spring training guest instructor

All systems go for Sens

NHL

Team thriving as players are committed under Boucher

The Ottawa Senators are all in, and they are reaping the rewards.

The Senators sit second in the Atlantic Division, are riding a three-game winning streak and are playing with a confidence rarely seen last season. Players say it's a result of total commitment to head coach Guy Boucher's system.

The Senators just wrapped up a three-game homestand and won two of three games by one goal, and even when trailing showed a resilience that was sometimes lacking earlier in the season.

"Guys have a total buy-in," said forward Alex Burrows, acquired from the Vancouver Canucks prior to the trade deadline. "You can have any system, but if you have total buy-in from all 20 guys normally that's a good sign and right now I can see in this lineup that everyone is believing in the system, everyone wants to compete in the system and we're getting the right results."

Monday night the Senators jumped out to a 2-0 lead against the Bruins and then gave up a goal with under two minutes remaining in the first period, but there was no sense of panic.

"Our team has grown over the last months," said Boucher. "Very often we'd see our team change its way of doing things when we had a goal scored against us, when we didn't start the game the right way, when we got a penalty we had a tendency to change what we do, and now you can see we're staying steady with what we're supposed to do. There's a real balance in our approach and we stay even-keeled and it's definitely paying off."

Guy Boucher
GETTY IMAGES

Trade deadline additions have had an immediate impact on the Senators roster as wingers Viktor Stalberg, Burrows as well as Tommy Wingels who was acquired in late January, have fit seamlessly into the lineup and added much needed depth.

"We brought in experienced guys that know how to pay the price, how to manage different parts of the game and all they needed to do was figure out how we play, and since they're that smart and that experienced they really eased themselves into our team and the way we play and our identity," Boucher said. "Actually, they enhanced our identity and that's what we're looking for."

THE CANADIAN PRESS

BASEBALL CANADA IMPRESSIVE IN WBC TUNE-UP Canada's Pete Orr scores a run against Blue Jays catcher Jarrod Saltalamacchia in an exhibition game on Tuesday in Dunedin, Fla. Justin Morneau hit a two-run single and Canada cruised to a 7-1 win. Canada plays its first World Baseball Classic game Thursday against the Dominican Republic in Miami. JOHN RAOUX/THE ASSOCIATED PRESS

IN BRIEF

Sharpe on point in halfpipe
Canada's Cassie Sharpe ended the World Cup halfpipe skiing season with a gold medal on Tuesday, giving her momentum heading into next week's world championships.

Sharpe, from Calgary, won handily with a score of 90.80, finishing ahead of Japan's Ayana Onozuka (86.00) and France's Marie Martinod (84.00).

Martinod finished atop the overall World Cup halftime standings, while Sharpe was fourth. THE CANADIAN PRESS

Weir named assistant captain for Presidents Cup
Canadian golf veteran Mike Weir has been named an assistant captain for this fall's Presidents Cup.

International team captain Nick Price made the announcement Tuesday.

The 46-year-old Weir has played in four Presidents Cup tournaments — a biennial competition which pits the United States against a team of players from countries outside Europe — compiling a 12-9-2 record. THE CANADIAN PRESS

CHAMPIONS LEAGUE

Bayern completes rout of Arsenal

Bayern Munich completed Arsenal's Champions League humiliation on Tuesday by inflicting another 5-1 rout on the north London club, which collapsed to its heaviest loss at the Emirates Stadium after having captain Laurent Koscielny sent off.

A night that began with protests against manager Arsene Wenger ended with his side out of the competition in the round of 16 for the seventh consecutive season after the 10-2 aggregate loss.

TUESDAY In London

5	1
BAYERN	ARSENAL

Aggregate score 10-2

Wenger deflected questions about his own future by reprimanding the referee for what the Frenchman called "unexplainable and scandalous" decisions.

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Fast Vegetarian Skillet Lasagna

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Achieve maximum comfort food satisfaction with minimal mess when you whip up this one-pan dinner.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 6

Ingredients
- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 medium zucchini, diced
- 1 tsp dried oregano
- salt and pepper
- 6 to 8 mushrooms, sliced
- 1 x 19 oz can of tomatoes
- 1 cup water
- 8 oz (250 grams) of dried pasta like farfalle
- 1 cup grated mozzarella
- 1 cup ricotta
- small handful of fresh basil

Directions

1. Warm up olive oil in a large skillet over medium heat. Add onions and garlic and allow to soften, about 3 minutes. Toss in zucchini, mushrooms and oregano. Stir occasionally until vegetables start to soften. Season with salt and pepper to taste.

2. Add tomatoes and break with the back of a spoon. Pour in water. Stir and bring to a simmer.

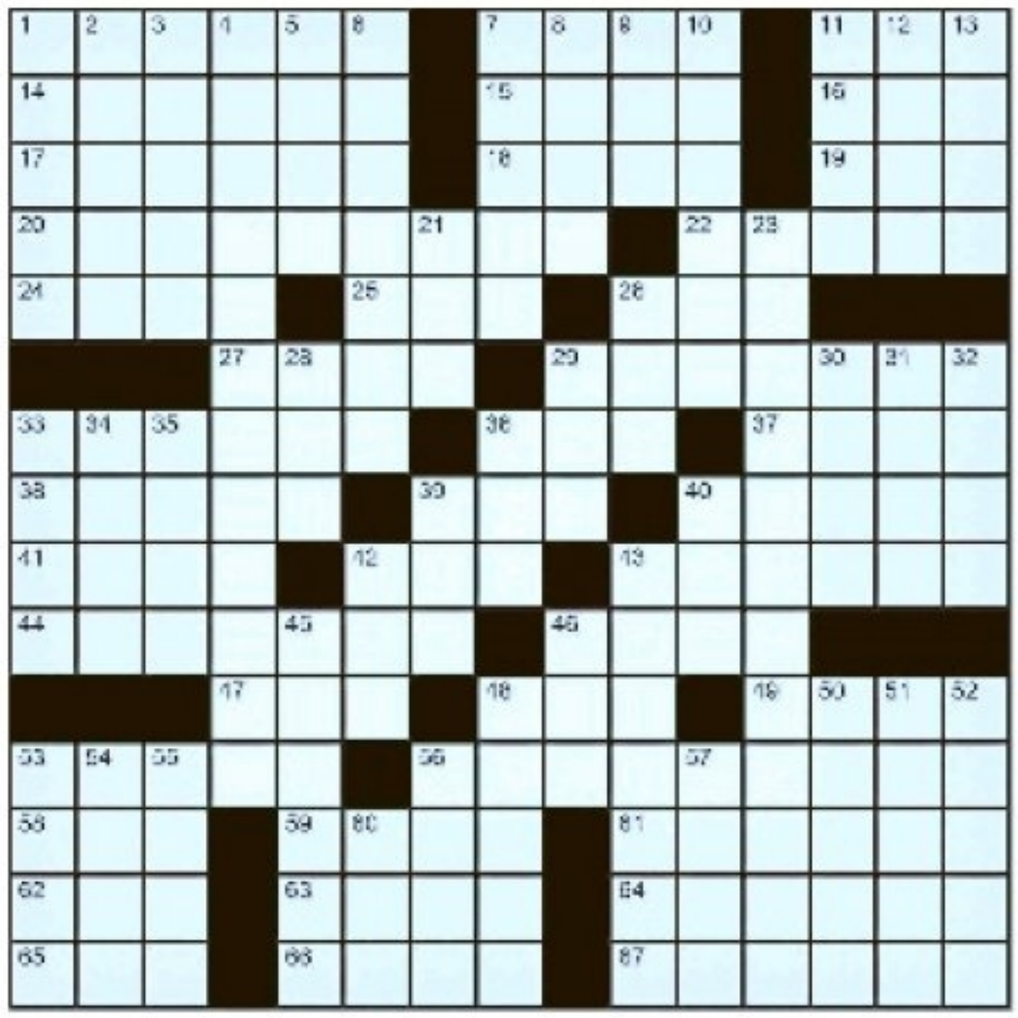
3. Pour pasta into the sauce and make sure it is submerged. Allow to simmer 15 minutes, stirring so it doesn't stick to the bottom.

4. When pasta is just about cooked, stir in mozzarella. Spoon ricotta over top of the dish. Cover the skillet for about 3 minutes to allow the cheese to warm through and soften. Sprinkle fresh basil before serving.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cucumber/lettuce/tomatoes concoctions
7. Member of Mary's flock
11. Intl. clock standard
14. Turn teary: 2 wds.
15. Corn lily
16. Impatient shout!
17. Shakespeare: Henry V character married to the King of France
18. Plug
19. Bakery bread
20. "__ When We Touch" by Toronto-born singer Dan Hill
22. Flower
24. Box
25. Ford, for one
26. Sainte-__ (Quebec City sector)
27. US Congressman Mr. Gowdy
29. Family tree member
33. Mistake/slip, in Latin
36. Don't hire a pro, e.g.
37. Sort of word
38. Decrease
39. Peat __
40. Newfoundland: Norway-like feature in Gros Morne National Park
41. "Perry Mason" star Raymond
42. Pottery creation
43. Out of sorts
44. Highlights in hair
46. Second-year student [abbr.]
47. Chicago trains
48. Poetically distant
49. Beaks
53. "Because the Night" songstress Ms. Smith
56. Wonderful
58. Cowboy's command!
59. Chew away
61. Consumption
62. Flora's mother in "The Piano" (1993)
63. Musical instrument, French __
64. Shut
65. Mr. Savalas, for short
66. 2, 2, 2, 2, 2
67. Most reasoned

DOWN
1. The __ Alps
2. Fabled name
3. Animal of The Andes
4. Thoroughfare in downtown Ottawa: 2 wds.
5. Two singers/One song
6. Edits the film in a way
7. 'In' indefinitely inmate
8. Foe of the Allies in World War II
9. Rich money amt.
10. Rocky __ (Sylvester Stallone role)
11. Pita serving of #7-Across
12. Hellmann's, e.g.
13. "Gloria" band from Belfast
21. British Prime Minister, Theresa __
23. For Better or For Worse cartoonist: 2 wds.
26. Stir-__
28. Ms. McClanahan
29. Actor Mr. Young
30. Jim Morrison, for one
31. Knit one __ two...
32. Raggedy Ann's pal
33. Research rooms, e.g.
34. Edge
35. Catherine __ (Wife of Henry VIII)
36. Lassie, for one
39. "__ Stop" by The Hollies
40. Fashionable dresser
42. Writer Ms. Rowling's
43. __ Pilate, "Jesus Christ Superstar" (1973) role
45. Dismount
46. Little Ricky, to Lucy
48. Dullsville declarations
50. Stage: French
51. Cycles
52. Fragrance
53. Excellent, in slang
54. __-de-camp
55. Greenish-blue
56. Betting card game
57. "__ and the King" (1999)
60. Not later

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members today to avoid squabbles and arguments. (This is not a good way to start your day — or anyone else's.) Be chill.

Taurus April 21 - May 21
If you can get past some tension this morning, the rest of the day will be quiet and comforting. In fact, you will want to cocoon at home if you can.

Gemini May 22 - June 21
Money disputes or an argument about something you own might occur this morning. Try to move past it so that you can enjoy a busy day full of errands and fun.

Cancer June 22 - July 23
People are touchy this morning. Give them a wide berth. Later in the day, you will be focused on money and cash flow. Ka-ching.

Leo July 24 - Aug. 23
This morning it's easy to be grumpy. However, soon the Moon moves into your sign, which gives you an advantage over everyone else. Enjoy your good fortune.

Virgo Aug. 24 - Sept. 23
Avoid morning arguments with a female acquaintance. Later in the day, do some research or find some privacy, and enjoy being on your own.

Libra Sept. 24 - Oct. 23
You like to keep the peace. Therefore, avoid arguments in the morning, because the rest of the day is warm and friendly.

Scorpio Oct. 24 - Nov. 22
Steer clear of sensitive subjects like religion, politics and racial issues this morning. Later in the day, bosses, parents and VIPs will talk about you for some reason.

Sagittarius Nov. 23 - Dec. 21
Disputes about shared property might arise this morning. Let these go, because what you really want to do is get out and have a change of scenery today. Do something different.

Capricorn Dec. 22 - Jan. 20
Be patient with partners and close friends this morning to avoid arguments. Later today, you might ponder how your values are different from the values of others.

Aquarius Jan. 21 - Feb. 19
You have to go more than halfway when dealing with others today because the Moon is opposite your sign. This simply requires a little patience, tolerance and cooperation.

Pisces
Feb. 20 - March 20
Avoid disputes at work this morning. You don't need this! Later today, you will play and schmooze with others, as well as delight in sports or playful activities with children.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

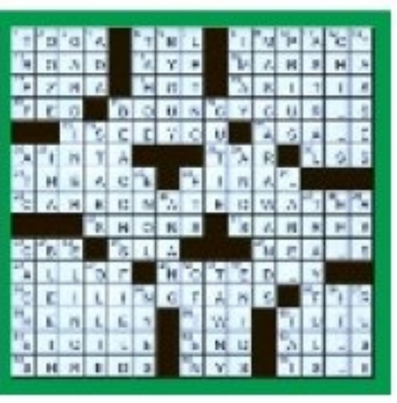
	5	9			1	4	2	7
3			5		8			9
1			7					5
9			3					8
	2	4	8				5	
			1				4	
			2			1		
			9			7		
	6	8				5		

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

5	3	7	1	9	4	8	2	6
1	4	2	7	6	8	3	9	5
8	6	9	2	3	5	4	7	1
9	2	3	8	5	1	6	4	7
7	5	4	3	2	6	1	8	9
6	1	8	9	4	7	5	3	2
2	8	1	6	7	3	9	5	4
3	9	5	4	1	2	7	6	8
4	7	6	5	8	9	2	1	3



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